LASH from the past







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events

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index

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Flash from the Past





2004 Ingot River Forest High School 3300 Indiana Street Hobart, IN 46342 Volume 44

by Amanda Degman















Jerie Barnes









Remembering all those



























Alisha West

Melissa Potts

leading others into









Nicholas Roach and Amber Morris

Ali Abdollahi and Danielle Walker























Joshua Elea



Brandy Ayala





511chodolic

Christopher Graun



Harold Herring



Dewayne Jarvis



Nja Jimenez



Danielle Kempski



Kurtis Brown



Michael Cesak



Angela Eichenser



Angel Erwin



Zachery Heridia



Pamela Ivey





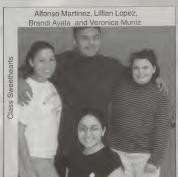
Nikolina Kislenova



Andrew Knies



Lillian Lopez















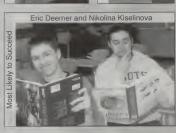


















Stephen Paradine



Virginia Luyando



Alfonso Martinez



Jeffrey McNabb

Bsychedelic



Tara Quinlan



Nicholas Roach



Tillie Smith



Jody Soliday



Marissa Trinidad



Veronica Muniz



Melody Myers



Brian Naranjo



Ricardo Price



Brandon Ragan



Mary Saalwaechter





Leticia Valenzuela



Carmelo Venegas



Lisa Wallace



enior Credits

Ali Abdollahi: Football 3: Wres-Brandy Ayala Paulina Ballesteros: High School Band 1,2,3,4; Spanish Club 1.2.3.4: Honor Society 2.3.4: Student Council 4: Class Council 1,3; Spell Bowl 3: Super Bowl 2.3.4: Academic Decath-Ion 3,4; Freshman Mentor 4: Homecoming Court 4; Volleyball 1; Basketball 1.2.3.4: Softball 2: Track 2.3.4: Shelly Barlow: Spanish Club 2 4: Softball 2: Martin Berrun Michael Brazauskas Kurtis Brown: High School Band 1; Freshman Mentor 3: Home-

High Sarod Bund 12 Han ecoming Court a Auxiliary Carea 2.3 Softbar 1.2 Joshua Elea High School Band 1.2.4 Honor Society 4 Freshwan Mentol 3 Homecoming Court 2.3.4 Basicketball 1.2.3.4 Tendle 2.3.4 Basicketball 2.3.4 Track John Da Varey Baseball 2.2 Westlim Base

Eric Deemer
Chen 2 Spanish
Club 2 Hungir
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Studink Council 3.
Class Council 3
Spell Bowl 3.4.
Super Bowl 1.2.3.4
Academic Decarbion
1 2 3.4. Golf 4
Angela Eichensehr
Joan Emerson
Angel Erwin
Francisco Flores
Drama 4.7

Lisa Gibson Elizabeth Gill Adam Goodman: Christopher Graun Jennifer Guzman: Track 1,2,3; Home-Zachery Heridia: 2.3.4: Spell Bowl 1.2.3: Super Bowl 2.3.4: Academic Basketball 1.2.3.4: Football 4: Track Country 2.3.4: Harold Herring: Pamela Ivev

Walter Jaime: Basketball 2: Baseball 2.3.4: Dewayne Jarvis: Spanish Club 2: Basketball 1: Cross Nia Jimenez: Spanish Club 2.4: Honor Society Mentor 4; Auxiliary Danielle Kempski: High School Band 1,2,3,4; Volleyball 1.2.3.4: Basketball 1,2,3,4; Freshman Mentor 4: Nikolina Kiselinova: Spanish Club 2; Honor Society 2.3.4: Student Council 4; Spell Bowl 3.4: Super Bowl 3.4: Academic Decathlon 3.4: Girls' State 3: Freshman Mentor 4: Volleyball 2.3.4:

Tim Lane Lillian Lopez: iary Corps Jason Lozanovski





Softball 3: Track

Court 2,4; Michael Cesak: Wrestling 4; Radio/TV Broadcast 2:



Virginia Luyando Melissa Manzo Alfonso Martinez: Honor Society 3,4; Freshman Mentor 3.4: Football 1.2.3.4: Track 2,3,4; Jeffrey McNabb: Honor Society 2.3.4: Freshman Mentor 3.4: Basketball 1.2.3.4: Golf 3.4: Track 1.2.3.4: Amber Morris: Choir 1,2,3,4; Freshman Mentor 3.4: Homecoming Court 3,4; Auxiliary Corps 1.2: Volleyball 1.2.3.4: Basketball 1.2.3.4: Softball 1,2,3,4; Track 1234 Veronica Muniz: Spanish Club 4: Honor Society 2.3.4: Homecoming Court 1: Freshman Mentor 3,4; Track 1,2;

Melody Myers
Franch Club
1,2,3,4, dhard
Sociaty 2,3,4
CVss Council 1Sup-Bowl 1Sup-Bowl

Tara Quinlan.
High School Band
1.2; Choir 3.4;
Auxiliary Corps 1,2
Bowling 2.3,4;
Volleyball 1.2,3.4;
Brandon Ragan.
High School Band
1.2,3.4; Choir 3.4;
Spanish Club 2,3;
Honor Society
2.3,4; Chair 3,4;
Spell Bowl 1.2,3,4;
Spell Bowl 1.2,3,4;
Super Bowl 1.2,3,4
Super Bowl 1.2,3

Marc Scott: Basketball 4; Football 4: Baseball 4: Track 4: Vanessa Serrano Tillie Smith: French Club 2: Auxiliary Corps 1; Volleyball 1; Softball 1.2.3.4: Jody Soliday: High School Band 1,2; Spanish Club 3; Honor Society 2.3.4: Class Council 1.4: Freshman Mentor 3,4; Home-Auxiliary Corps 1,2,3,4; Volleyball 1.2.3.4: Track 1.2.3.4: Marissa Trinidad Choir 4: Drama Club 2.3: Softball 3.4: Auxiliary Corps 4; Leticia Valenzuela: Choir 1.2.3.4: Spanish Club 4: Carmelo Venegas: Spanish Club 1,2: Basketball 1: Football 1.2.3.4: Baseball 1.3: Track 1,2,3,4; Wrestling 4:



1 4.





Homecoming, also known as spirit week, has been a tradition at River Forest High School for many years. It is a week filled with activities in which students can express their pride in the school.

The week started off with "Pajama Day" on Monday. It is one day out of the year that no one can call students lazy for rolling out of bed three minutes before school. Tuesday was "Blast from the Past Day" and Wednesday was "Pattern Day." The seniors wore stripes; the juniors wore plaid; the sophomores wore polka dots; and the freshmen had to wear animal print. Thursday was "Hawaiian Day" and the dress-up days ended with the traditional "Red and Gold Day" on Friday.

The activities for the week started off with the hallway decorations on Tuesday. On Wednesday there was an ultimate





between the seniors and the juniors. The seniors eventually won after a hard played game. The spell bowl competition was held on Thursday during SRT and the pep assembly was held at the end of the day on Friday to get the football players pumped for the game against North Newton and to announce the 2003 homecoming court.

Unfortunately the football game was an upset. It was raining all night and the end score of the game was 6-14. North Newton. At halftime of the game all of the girls and their escorts walked out onto the track. Alfonso Martinez was announced Mr. Football and Jennifer Guzman was crowned 2003 homecoming gueen. The spirit points from the week were also announced at halftime. The seniors took first place; the juniors followed close behind in second place; and the sophomores and freshmen tied for third













8. Senior Tabatha Westmoreland fills water bottles for

Senior Installar resolutionation in water bottless the team at the football game.
 Junior Mike Cerver makes an outstanding tackle.
 Seniors Carmelo Venegas and Adam Goodman receive a break and watch the game from the bench.
 Senior Marc Scott, wide receiver, runs the ball.



TAGELUUC Football team has outstanding season

The River Forest Ingot football team had a winning season due to the entire team's effort. The team
had a four game winning
streak that ended in a disappointing loss to Pioneer.

This year's team captains were seniors Ricardo Price, Carmelo Venegas and Alfonso Martinez. "The seniors had three out of four winning records. They were the second class in school history to do so," said Coach Tim Gault.

The last game of the season ended in a shocking loss to La Ville. The guys were ahead in the first half and did not boast about it, and when they fell behind in the last half they did not show fear.

Junior wide receiver Scott Westmoreland stated, "Winning isn't everything. It's the only thing." The Ingots ended their football season with six wins and four losses. The players always had their heads in the game and in the end that is what counted.



Junior Matthew Bigott handed the ball to junior Michael Carver for a run to the end zone. Matt stated, "We had a real good team this year and we worked hard in the off season. It was a shame it had to end so soon."



Varsity earns third best record in the state.

Varsity goes to the Hoosier Dome.



Freshman quarterback Mike Perkins passes to senior running back Timothy Lane during the game vs. rival Edison.



varsityfootball

24	Whiting	7
34	Lake Station	6
35	Gary Mann	6
42	New Buffalo	26
12	Pioneer	62
6	North Newton	14
24	Heritage Christian	6
26	North Judson	48
34	South Central	13
20	La Ville	37
HOME		VISITOR



Junior Bernie Goin comes off the field after a defensive play against Heritage Christian. Bernie stated, "When you're behind never give up, and when you're ahead never let up."



Football Team: front row. Nathan Waters, Jason Lozanovski, Alfonso Martinez. Timothy Lane, Marc Scott; row 2: Mike Perkins, Trent Halcomb, Nick Sovich, Jonathan Heridia, Derek Soderquist, Tony Arocho, Carlos Muniz; row 3: Head Coach Tim Gault, Brian Naranjo, Jon Elea, Tenry Crofton, Bernie Goin, Jesse Poe, Scott Westmorteland, Zachery Heridia, Carmelo Venegas, Coach Kevin Wilson, Coach Dave Oswalt; back row: Coach Chris Kozub, David Rose, Mike Toigo, Ricardo Price, Matt Bigott, Josh Rhodus, Matthew Franklin, Adam Goodman, Michael Carver, Jeffrey McNabb and Coach Terry Wheeler.



Senior Alfonso Martinez blocks for senior Ricardo Price's run for a touchdown. Ricardo stated, "Practice hard; play harder."



SPITING

New coach comes to varsity volleyball team

Coached by newcomer Bob Woynaroski, the varsity volleyball team ended the regular season 14-14. It is the first year since Coach Donna Briggs left the program that the varsity volleyball team had a winning season. Coach Woynaroski came to the Lady Ingots from Edison. He also had the pleasure of working with his daughter, Amy Woynaroski, who coached the JV team.

The JV team also had a winning season. This year was the first year that River Forest was able to have a freshman team. With all of the girls who came out, it was a good way to insure the younger players time in the game.

At awards night Rachel Lightfoot and Mikal Minarich were announced MVP. Danielle Kempski was named MIP, and Nikolina Kiselinova was given the award for mental attitude.





Senior Danielle Kempski and sophomore Mikal Minarich block the ball during the last game of the season against Lake Station.

GELASTIBAGE.

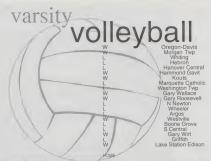
The volleyball program was first introduced to River Forest High School in the early 1970's.

The varsity volleyball team has not had a coach stay with the program for more than a year since the 1999-2000 season.



The varsity team gathers together in excitement after a hard earned win.





L L W W L L W W L L W W L L W W L L W W L L W W L L W C L W



Sophomore Mikal Minarich sets the ball to her teammates during warm-ups. Mikal has been on the varsity team since her freshman year and has made

a great

contribution.



Varsity: front row: Lisa Wallace, Nikolina Kiselinova, Julia Horn, Amber Morris, Danielle Walker, Sabina Salas; row 2: Jody Soliday, Rachel Lightfoot, Mikail Minarich, Danielle Kempski, Kimberly Saklak, Tara Quinlan and Coach Bob Woynaroski.



Junior Varsity: front row: Nichole Miodragovich, Paulette Blankenship, Kathryn Lyle, Amber Coleman, Stephanie Alvarado; row 2: April Brown, Bethany Baker, Lizette Corralez, Alisha West, Julia Hom and Coach Amy Woynaroski.



Junior Sabrina Salas gets down to pass up the ball during warm-ups before a game.



Freshmen: front row: Jennifer Perez, Ashley Clark, Amanda Russi; row 2: Coach Monica Handly, Tasha Esteph, MaRita Ward, Jennifer Ordway, Angel Trinidad



CUTTING

Detterline's final season brings success

"We had a great season," is all Coach Al Detterline could say about his tennis team this year. Only losing one senior from last year, the team was confident they would have a good season.

The team set a new school record ending the season 16-2. The team's goal this year was to win sectionals. They succeeded in beating their most difficult challenge, Wheeler, but fell short to Merrillville in regionals 4-1.

Unfortunately, Coach AI Detterline will be stepping down after coaching for 20 years. Senior Andrew Knies said, "The other seniors and I strived to make Detterline's as well as our final year special."

Senior Nicholas Roach said, "I can't believe the season went by so fast. It feels like just yesterday we were starting summer practices. I'm going to miss this a lot!"



Senior Nicholas Roach serves the ball to his opponent. Nicholas played number one singles and was awarded Most Valuable Player. He ended his senior year with a record of 12-6.

C.C.C.SIDAGE

The tennis team completed its first season as a varsity sport.

Seven members from the tennis team make it to sectionals.



ball to his opponent. Andrew ended his senior year with a record of 17-1.



varsity tennis

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5	Ga
3	
4	Marc
4	La
HOME	

mmond Clark Chicago Central nmond Morton Hobart Calumet mmond Gavit Griffith orace Mann ry Roosevelt Wheeler quette Catholic ake Station

VISITOR



Sophomore Armando Menchaca serves the ball, Armando number two doubles with partner sophomore Bill Cox. They ended with a



Junior Oscar Venegas serves the ball to his opponent. Oscar played number one doubles with junior Aubin Menchaca. They ended their season with a record of 12-6.





Senior Joshua Elea back-hands the ball to his opponent. Joshua ended his season with a record of 13-3.



Varsity: front row: Oscar Venegas, Armando Menchaca; back row: Joshua Elea, Andrew Knies, Bill Cox, Nicholas Roach, Aubin Menchaca and Coach Al Detterline.



BONNING

cross country teams have second winning season

Mr. Jason Quigg coached this year's boys' and girls' cross-country teams. This was Coach Quigg's fourth year with both programs. Both teams have improved tremendously since he took over the program.

The girls have picked up new talent in junior Rocio Cisneros and freshman Cristal Cisneros, which helped the girls' team have another winning season with a record of 8-3. The team was led by top runners sophomore Rebeca Dominguez and junior Monica Solis. The girls also captured the sectional and N.A.C. Championship titles for the second year in a row.

Despite losing four top runners to graduation, the boys also had a winning season. They worked hard and ended with a record of 7-5. The boys lead runners were sophomores Javier Salas and Salvador Hernandez.

Next season will bring many opportunities for these boys to prove their leadership.



Sophomore Salvador Hernandez keeps a strong pace in the front of the pack. This was Salvador's first year running on the cross country team.

FLASHBAGE

Boys' cross country went to regionals for the first time in 1980.

Phillip Nafus was the first boy to run in the state cross country meet for River Forest



The boys' cross country team takes a warm up lap around the course at the Hobart Invite.



varsity cross country

boys' varsity

L Morgan Twp / Lake Station
L Hanover Central
W South Central
W Gary Wirt
2(4) Hobart / Lake Station / Whiting

2(3) Westville / M.C. Marquette

W Whiting / North Newton

girls' varsity

no score Morgan Twp / Lake Station
W Hanover Central

W Hanover Central
W South Central
W Gary Wirt

2(4) Hobart / Lake Station / Whiting W Westville / Marquette

2(3) Whiting / North Newton



Junior Maria
Solis strides to
get her
personal best
time finishing
in 43rd place
in the Hobart
Invite at
Robinson
Lake. This
was Maria's
third year on
the varsity
team.



Freshman Cristal Cisneros runs hard during her first high school invitational at Robinson Lake.



Members of the girls' cross country team get loose before the meet. Before every meet, the team made sure they stretched out and ran their warm-up.



Varsity, front row: Christina Burge, Cristal
Cisneros, Nichelle Riley, Rocio Cisneros; row 2:
Javier Salas, Monica Solis, Marisol Carrillo, Maria
Solis, Rebeca Dominguez, Robert Richardson;
back row: Tim Armes, Salvador Hernandez,
Coach Jason Quigg, Zachery Heridia and Ricky
Lonn.



GHEEBING

DANGING

Teams bring spirit to the crowds

Cheerleading is harder than you may think. Cheerleaders cheer at the games so the crowd can get pumped up and ready to cheer for their team. They also cheer at pep rallies to get the students and faculty excited about going to the games and giving their support. Coach Patricia McNabb is very happy to coach the squad.

The color guard team by performing during halftime at the games. They faced some difficult challenges and their coach Tommie Ordway said "I am very proud of the effort the girls put forth in light of everything they've been through."

The dance captains, Angela Eichensehr and Marissa Trinidad, hope to improve the dance team by showing the team new dances and new moves. The team worked hard and stuck out the season despite the loss of two coaches.



Freshman Sharon Schmidt cheers at a Friday night football game. She was added to the varsity cheerleading squad this year.

CFLASHBACK

River Forest had their first dance team, but they were known as majorettes.

River Forest added their first male cheerleaders to the team.



The flag team only had four members, Candice Guajardo, Lillian Lopez, April Brown and Erica Havens.



by Pristal Pisneros

Dance team member senior Lillian Lopez performs at the boys' basketball game during halftime.





During halftime at the football game, the cheerleaders stand as the national anthem is played.



Dance: front row: Angela Eichensehr, Marissa Trinidad, Lillian Lopez, Jody Soliday; row 2: MaRita Ward, Ashley Clark, Christina Burge, Cristal Cisneros, Hermine Robinson; back row: Lauren Struebig, Arnanda Russi, Jenniler Perez, Erica Buckwalter, Stephanie Stevens and Manager Randi Jo Bailey.



Cheerleading, front row: Erica Havens, Triflery Etherdge; row 2: Victoria Lemmon, Maddy Hardin, Haley Hardin, Elizabeth Howard; back row: Samanthat Lachowicz, Tana Henderson, Sharon Schmidt, Jillian Lewis, Melissa Potts and Ashley Milliken.



Auxiliary: front row: Haley Hardin, Jody Soliday, April Brown, Lillian Lopez, Tiffary Etheridge; row 2: Elizabeth Alvarez, Greg Stokes, Bethany Baker, Teresa Jansen, Erica Havens, Zachary Jasper, Chenyu Hou; back row: Alisha West, Lauren Camp, Leticia Vallenzulea, Coach Angela Burns, Erica Buckwalter, Randi Jo Balley and Virginia Luyando.

cheerleading and dancing



The girls' spirit court takes a picture with last year's
 Ms. Ingot Spirit.

Members of the court pose for a quick picture before heading into the gym.

3. Ms. Ingot Spirit 2003 Amanda Alexander, crowns

this year's winner Melody Myers.

4. The boys' spirit court takes a picture while waiting for

the girls.







5. Ms. Basketball 2004 Paulina Ballesteros shares a moment with her parents. 6. Students at the dance take a moment for a quick

break.

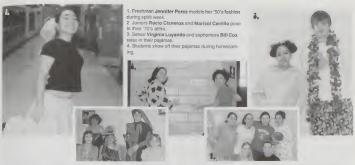


Basketball

Basketball homecoming is the epitome of Ingot pride. During the week students participate in many activities in order to receive spirit points for their class. Pajama day started the events followed by hall decorations the same night.

This year's hall decoration themes were thought out and creative. Coming in third for hall decorations, the freshmen came up with the theme of "Slam Dunk the Spartans." The Sophomore Class ended up in second place with the theme "Send them to Candy Land." With a lie for first, the seniors pulled off a last minute idea, "Strand the Spartans," followed by the juniors' Star Wars theme, "Attack of the Ingots." On Wednesday, students dressed up in outfits from time eras ranging from the "50's to the '80's. Later that day, the wadky olympics were held in the gymnasium. Students participated in many exciting events such as leap frog, burping contests, and tug of war. On Thursday, it was character





HOMECOMING

day, and the students were able to dress up as any famous celebrity. On Friday, the height of spirit week, students came to school dressed in red and gold from head to toe. That afternoon students attended a pep assembly where spirit points were announced. This year the seniors took first with 185 points followed by the juniors in second with a close score of 165 points. The sophomores came in third with 80 points, barely heating the Freshman Class which had a total of 70 coints.

At the game Friday night, Mr. and Ms. Ingot Spirit were awarded to Andrew Knies and Melody Myers. Also on court this year were Jeffrey McNabb, Kurtis Brown, Carmelo Venegas, Brandon Ragan, Lillian Lopez, Jody Soliday, Amber Morris and Paulina Ballesteros. Another award received Friday night was Mr. and Ms. Basketball. This year's recipients were Nicholas Roach and Paulina Ballesteros.





5 . Mr. Basketball 2004 Nicholas Roach stands with his parents and Coach Jason Quigg. 6. Mr. Jason Quigg proves he has no ice cream eating talent.



7. Junior Oscar Venegas runs out to huddle with the

8. Sophomore Armando Menchaca drives past his

defenders.

9. Coach Joe Burleson gives his team a quick talk

10. Sophomore Carl Kurek looks to make a pass.



homecoming

PASSING

Striving to win

The varsity team ended their season with a record of 7-14. Coach Jason Quigg has been coaching for five years with the assistance of Joe Burleson and Pete Jimenez. The team captains were Nicholas Roach and Joshua Elea

At the awards banquet, senior Joshua Elea received the MVP award. Most Improved was awarded to junior Oscar Venegas and Best Mental Attitude was awarded to senior Jeffrey McNabb. Next year, Coach Jason Quigg hopes to end with a winning record, win NAC, sectionals and advance further into the season.

The JV team ended with a record of 6-13. Coach Joe Burleson received his 300th win in 40 years of coaching during the season. Coach Joe Burleson said, "Improving fundamentals and learning a better understanding of the game is the main goal during the season."

The freshman team finished their season with little luck. Second year coach Robert Joy mostly focused on helping the guys work hard and work better as a team.



Sophomore Armando Menchaca sets up for a free throw. Armando was one of the starting five on the JV team and a necessary part of the team.

FLASHBACK

The team wins conference with a record of 11-10.

Varsity team has an astonishing season and advances to semi-state.



Junior Oscar Venegas tries to locate an open team member during the homecoming game against the Spartans.

varsitybasketball

70 67 45 53 66 66 66 62 45 31 35 48	LaCrosse Lake Station Boone Grove Hobart South Central Oregon-Davis Argos Hebron Washington Twp. Wheeler Portage Marquette Catholic Westville	63 52 64 66 45 47 57 42 49 65 59 65
31 35 54 48 58 46 39 32	Wheeler Portage Marquette Catholic	65 59
42 HOME	Hanover Central	63 VISITOR



Senior Nicholas Roach releases the ball for a free throw in the third quarter of the Lake Station game. The Ingots pulled through and won the game with a score of 58-39.



Varsity front row: Nicholas Roach, Coach Joe Burleson, Coach Jason Quigg, Coach Pete Jimenez, Joshua Elea; row 2: Aubin Menchaca, Jeffrey McNabb, Mike Carver, Mitchell Minarich, Matt Bigott, Terry Crofton and Oscar Venegas.



Junior Varsity: front row: Tim Armes, Coach Jason Quigg, Coach Joe Burleson, Coach Pete Jimenez, Robert Richardson; row 2: Ricky Long, Armando Menchaca, Bernie Goin, David Vidito, Chandler Gill, Jon Elea, Roger Deutcher. Salvador Hemandez and Carl Kurek.



Sophomore Tim Armes dribbles down the lane, looking for an open teammate in the homecoming game against the North Newton Spartans.



Freshmen: front row: James Gildersleeve, Timothy Bandy, Trent Halcomb, Tony Arocho; row 2: Kenneth Soria, Andrew Saalwaechter, Nathan Michalik, Shane Smentek. Jon Elea and Coach Robert Joy.

boys' basketball 29



DRUBBLONG New coaches strive to make a better team

The girls' basketball team started the season out with new coaches, new expectations, and short three previous seniors.

The varsity team had two different coaches, Coach Rodney Thompson and Coach Richard Heavilin. The J.V. team was coached by Kevin Wilson. All the coaches shared ideas and found it beneficial to the players as for developing their skills.

Coaching was not a new experience for Richard Heavilin. He has coached many different sports inculding being a girls' baketball coach for seven years. Coach Rodney Thompson has coached girls' basketball for four years and this year was the first year here at River Forest for Coach Kevin Wilson.

"All the players on the team played important roles at various times in practice and in the games," stated Coach Richard Heavilin.

Many girls on the team accepted the challenge of sharing positions and hope to improve their skills. The girls' team has many things to look forward to for next year's

season.



Senior Lisa Wallace goes up for a basket while her teammate Danielle Kempski guards an opponent.



River Forest high school makes girls' basketball a sport.

The girls' basketball team beat River Forest rival (Edison High School) for the first time.



Sophomore Kimberly Saklak and freshman Angel Trinidad wait for the rebound.

girls' varsity basketball

82 42 39 15 27 41 44 44 55 43 66 64 38 49 50 52 41 52	Boone Grove Griffin Morgan Lake Station Westville NAC toum M.C. Marquete NAC tourn Edm Station Reputs NAC tourn Edm Station South Central Hanover Central Hanover Central Hanover Westville Mann Morton Hebron Kankakee Valley M.C. Marquette M.C. Marquette Westville Wes
Visitors	1







Front row: Rachel Lightfoot, Krystal Montes; row 2: Monica Solis, Rocio Cisneros, Mary Saalwaechter; row 3: Mikal Minarich, Danielle Kempski, Paulina Ballesteros and Amber Morris



The team listens carefully to the coaches during a time out.



Front row: Rebeca Dominguez, Elycia Delgado, Kimberly Saklak, Jennifer Ordway, Julia Horn; row 2: Angel Trinidad, Cristal Cisneros, Maddy Hardin and Felicia Vidito.

BUNNUNG

Ingot advances to regionals

After losing five wrestlers, the wrestling team only had two wrestlers who finished out the year, senior Timothy Lane and sophomore Javier Salas. Lane who wrestled at 140 lbs, made it out of sectionals taking third place. This year was his first time making it out of sectionals. "I can't believe it. I worked so hard, and it finally paid off. I'm so glad I made my senior year unforgettable." said Tim. He ended his career with a record of 15-12.

Coach Kevin Persley and new assistant coach, Dan Rodriguez, are very proud of Lane. Coach Rodriguez stated, "Even though our team may lack in size, we do not lack in talent." Coach Persley stated, "It's a great accomplishment to come back and finish strong."

Sophomore Javier Salas, who was a state qualifier last year, was not able to compete in sectionals due to a pulled muscle in his leg. He finished the year with a record of 19-4. He is hopeful that next year he will make it to state and win.





Sophomore Javier Salas pins his opponent. He wrestled at weight class 103.



Coach Kevin Persley and Assistant Coach Dan Rodriguez watch patiently during a wrestling match. They hope more people join next year.

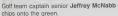
The wrestling team completed their first season as a varsity sport.

Four members from the wrestling team make it to regionals.



Varsity: front row: Coach Dan Rodriguez, Javier Salas, Timothy Lane and Coach Kevin Persley.

Freshman Trent the come page his second shall from the largest in an intermit to best Whiting end Lake Station





First year golf member freshman Kenneth Soria drives the ball.

POTTING

Fore!

"Even though the season was not a success looking at our record, hopefully the golfers learned about the game of golf and learned some qualities and characteristics that will follow them in life," stated Coach Jason Quigg.

The team had six returning golfers and added five
new ones. This year's captains
were senior Jeffrey McNabb
and junior Matt Bigott. Freshmen Trent Halcomb and Kenneth Soria have improved
greatly for the team. The team
also found a surprise in junior
Mike Carver. He had an average of 55.6, the third lowest on
the team.

Freshman Stephen Harrison reiterated Coach Quigs's feelings about the season. Stephen also felt that the team has tried their hardest and is looking forward to next year.

The real test for the boys will be next year. With a matured team, the boys have a chance to prove themselves.

GFLASHBAGE

The golf team made it to regionals for the first time.

Brian Ray got a hole-in-one at Indian Ridge.



Varsity: front row: Nathan Waters, Trent Halcomb, Kenneth Soria, Jeffrey McNabb; row 2: Derek Soderquist, Roger Deutcher, Matt Bigott, Coach Jason Quigg, Salvador Guel, Stephen Harrison and Alex Degman.

STRUCING

Bowling team has improving season

The Lady Ingots had another successful season. The team had four returning bowlers only losing one senior last year. The girls picked up new talent in freshman Ashley Clark and sophomore Kathryn Lyle.

At sectionals the girls received second place moving them on to regionals. Sophomore Lauren Struebig took first place for the girls individually. Also placing individually was Alisha West in seventh.

The boys' team had an unsuccessful year. Although their records did not show it, the boys put forth good effort throughout the season.

Sophomore Bill Cox was the anchor for the boys with a 175 average. Senior Andrew Knies and junior Nathan Waters were the other top bowlers on the team.

The boys did their best at sectionals, but fell short. They are looking forward to a better season next year.



Freshman Ashley Clark "gets 'em down" by rolling a strike. Ashley was a huge help to the team this year. She was one of the starting five that made it to regionals.

GFLASHBAGE

Bowling was established as a club, however, it is still not IHSAA certified.

The girls' team made it to regionals for the fourth year in a row.



varsity bowling

Wheeler Boone Grove Hanover Central Crown Point North Newton Crown Point Crown Point Hebron Rensselear Crown Point

W

GIRLS

Wheeler
Boone Grove
Hanover Central
Crown Point
North Newton
Crown Point
Crown Point
Hebron
Rensselear
Crown Point

BOYS



The girls' team poses with Coach Bill Wyatt and their Care Bears before sectionals. The team took the bears to every meet for good luck.



Front row: Jamie Dailey, Ashley Clark; row 2: Kathryn Lyle, Alisha West and Lauren Struebig.



Junior Scott Westmoreland works on his form.



Front row: Matthew Cunningham, Nathan Waters. Scott Westmoreland and Bill Cox.

SPRINTING

Track teams have a successful season

The boys' track team was coached by Mr. Jim Weitzel and Mr. Jack Burton this season. Mrs. Patricia McNabb and Mrs. Pamela Engels coached the girls' track team.

The boys' track team ended the season 16-6, and the girls' track team ended the season 9-7.

Although the girls were disappointed by their results of NAC this season, they all worked hard and their hard work showed. They missed first place at NAC by just two and a half points. The girls worked hard all year and ended the season with good expectations for next season.

Although losing six seniors, the boys ended their season with a winning record. They have many players who have improved their skills within the year and are still working hard to improve by next season.

"We lost a lot of team members due to graduation, but the team worked hard and deserve their wining record," said Coach Jack Burton.



Senior Ricardo Price concentrates on landing to set a personal record. Ricky was named MVP on the boys' team this year.



.....

Nine school records were

made

Betty Van Fleet was the first person in River Forest history who made it to state.



Junior Mitchell Minarich pole volts ove the nine foot bar making the winning height in conference.

varsity track

boys' varsity

Wheeler Oregon Davis South Central Gary Wirt Boone Grown Lake Station Lake Station Mich City Marquette Westville Hobart Little 5 Hanover Relays Lowell Relays NAC Wash Two. Relays NAC Wash Two. Relays Nac Relay

Boone Grove

W

W

W

4th

5th

W

W

3rd

W W W L W L W L W L W A W

girls' varsity

Wheeler Oregon-Dayls South Central Gary Wirt Boone Grove Lake Station Morgan Twp. Hebron Lake Station Twashington Twp. Mich. City Marquette Westville Hanover Relays NAC Wash, Twp. Relays Kankakee Valley



Sophomore Christina Burge pushes to finish the one mile relay.



Varsity: front row: Christina Burge, Cristal Cisneros, Mana Solis, Rebeca Dominguez, Marisol Carrillo, Rocio Cisneros, Haley Hardin; row 2: Coach Patricia McNabb, Amanda Degman, Alisha West, Tasha Esteph, Sharon Schmidt, Mary Norman and Coach Pamela Encels.



Junior Bruce Rundberg leaps toward victory in the 100 meter high hurtles.



Vassly, front row. Ricardo Price, Marc Scott, Bruce Rundberg, Tim Armes, Javier Salas, Carmelo Venegas, Vernon Tucker, row 2: Nathan Michalik, Scott Westmoreland, Jeffrey McNabb, Armando Menchaca, Gregory Stokes, Juan Giro, Carlos Muniz and Jose Baggett, row 3: Coach Jim Weitzel, Chandler Gill, Salvador Guel, Bill Cox, Michalle Minarich, Brandon Ragan, John Trezak and Coach Jack Burton.

STEALING

Rasehall has another challenging season

Losing seven of their conference players, the baseball team held on tight concluding in a win. Practicing every day after school, giving it their all and always thinking positive paid off for the team.

"We did better this season than I thought we would," stated Coach Thomas Bonez. The team was optimistic throughout the whole season striving for wins.

The baseball team ended with a good season this year. Concluding in four wins and 16 losses. the players are proud of their hard work and dedication they put into this season.

The players are already excited for next season where they will be returning to the field with almost all of their original players from this year.

Losing four of their players due to graduation, the team will be filling the gaps with the new talents of the upcoming freshmen.



Freshman Jonathan Elea concentrates on catching the upcoming pitch.



Sophomore Ricky Long awaits the pitch for his bat, which turned out as a single.



Michael Perkins, Robert Richardson. Matthew Weikel, Zachary Jasper and Ricky Long line up to bat.

The baseball team receives new bleachers and scoreboard.

Angel Cruz earns a 500 batting average during his first season.



Varsity: front row: Ricky Long, Zachary Jasper, Tony Arocho, Jon Elea, Scott Westmoreland, Robert Richardson, Mike Perkins: row 2: Coach Aaron Gutierrez. Coach Pete Jimenez, Nicholas Roach, Timothy Lane, Joshua Elea, Marc Scott and Coach Thomas Bonez.

Sophomore Lauren Struebig lays down a sacrifice bunt to advance the runner.

SPUDING

Despite losing season. **Lady Ingots double last** vear's record

The much improved Lady Ingots had their first double digit win in four years. They had a record of 10-14 compared to last year's 6-16. All ten of the girls' wins came behind starting pitcher Amber Mor-

" We could have easily went 15 - 9 this season. There were many games where the score was decided by a run or two," stated Coach Rodney Thompson.



Junior Jamie Dailey awaits the arrival of the pitch.



Freshman Jennifer Perez heads into home to score for the Ingots.



Varsity: front row: Jennifer Perez, Jacqueline Michalik, Jamie Dailey, Lisa Halstead and Angel Trinidad; row 2: Coach Jim Dailey, Nia Jimenez, Lauren Struebig, Tara Quinlan, Amber Morris, Rachel Lightfoot and Coach Rodney Thompson.



The softball team was established.

The softball team broke the only school record for most wins.



Junior Varsity: front row: Jennifer Perez, Maddy Hardin, Nichelle Riley, Felicia Vidito, and Veronica Torres; row 2: Coach Joe Burleson, Mary Saalwaechter, Jacqueline Michalik, Erica Havens, Samantha Lachowicz, Angel Trinidad and Lisa Halstead.

SERVING

"Love means nothing to a tennis player"

This year the girls' tennis team started a brand new season with eight girls. Of those eight girls six were returning from last year, and two are new to the team. Fortunately, the team only lost one senior last year. They ended their season with a winning record of 11-3

The Most Improved Award was awarded to Sabrina Salas. Melody Myers was awarded Most Valuable Player. Julia Horn was awarded Best Mental Attitude

After coaching his twelfth year of girls' tennis coach Al Detterline said, "We

had a good season."

Senior Melody Myers said, "This is the best tennis team I've ever been on. All of the girls get along. We're like sisters. They have really made my senior season great. But most importantly, we are going to win sectionals."



Senior **Melody Myers** sprints to hit the ball back to her opponent. Melody ended her final season with a record of 15-1 playing number two singles.

GELASTIBAGE.

The first year girls' tennis was played at River Forest.

Tracie Mezera's senior year ended with a total of 60 wins and a total of eight losses.



rivals to return the ball. Sabrina and partner Kathryn Lyle ended their season with a record of 10-3.

girls' tennis

4535452542542

East Chicago Central Hammond Gavit Hammond Morton Boone Grove Hammond Clark Wheeler Hammond High Hanover Central Whiting Boone Grove Hobart Lake Station Edison

Sectional (Wheeler)

01020103013013

HOME

VISITOR



Ending her third season of tennis with a record of 13-2, junior Monica Solis defeats her opponent. Monica played number three singles this year.



Junior Lauren Camp and her freshman partner Amanda Russi quickly talk to Coach Al Detterline about a new strategy to win another set against their opponents. They ended their season with a record of 8-8.



Sophomore Julia Horn vigorously hit the ball to defeat her opponent. Julia ended her second season with a winning record of 13-5 playing number one singles.



Varsity: front row: Sabrina Salas, Amanda Russi, Monica Solis; row 2: Julia Horn, Kathryn Lyle, Melody Myers; row 3: Lauren Camp, Coach Al Detterline and Maria Torres.

CLUBS WITH CHARACTER



Sponsor Mrs. Danyelle Kozma French Club. front row: Melody Myers, Mrs. Danyelli Kozma, Christina Burge; row 2: Ashley Sutherland and Jennifer Ordway.



Sponsor: Mr. John Pinson
Jazz Band: front row. Mr. John Pinson; row 2: Andrew
Saaiwaechter, Chenyu Hou, Eddie Rusher, Bill Cox,
Cory Davis, James Gildersleeve, Ron Delhay, Alisha
West; row 3: Jerie Barnes, Mike Richter, Chris
Lesner, Brandy Parduln, Loren Parduln, Bethany
Baker, row 4: Kimberly Sakiar, Josh Hazzieton, John
Herring, Garrison Dixon, Zachany Jasper and John
Trezak.



Sponsor: Mrs. Virginia Scholl
Choir: front row. Joshua Garus, Elizabeth Howard.
Jennifer Bartosic, Kristi Schmidt, Anna Howard,
Rosie Castilleja; row 2: Brittany Stewart, Ceaira
Justice, Lillian Lopez, Nichole Miodragovich, Sandra
Foraker, Elaine Zon, Virginia Luyando; row 3: Sarah
Denton, Edde Rusher, Tim Aguliar, Marissa Trinidad.
Letty Valienzuela, Stephanie Stevens; row 4: Teresa
Jansen, Tara Quinlan, Melissa Potts, Brandon
Ragan, Jessica Young, Lauren Camp and Nichelle
Rilev.

HASHBACK
In 1974 River Forest had its very first ski club. Miss Baham, the school librarian at the time, organized this club. Pine Ski Lodge in Valparaiso sponsored the club. It allowed students to learn a new sport. In the picture Miss Baham looks at the skis and tries to decide which pair would fit

her stlve the best.



42 clubs

Sport of Mrs. Nancy Pinnick

Sport of Mrs. Nancy Pinnick

Weronica Muniz; row 2: Sal Muffoletto and Sarah

Denton.

Sponsor. Mr. John Pinson
Hain Scikolo Band front row: Chenyu Hou. Tasha
Esteph. Tiffany Etheridge. Alicia Guertin, Mikal
Minarich, Kimberly Saklak, Jilian Lewis, Haley
Hardin, row 2: James Gildersleeve. Kenneth Sona,
Nick Sovich, Andrew Knies, Bill Cox, John Herrin,
Eddie Pusher, Carlos Muniz, Kathryn Lyfe. Jon
Elea, Cory Parrot, Ashley Clark, Erica Buckwalter,
row 3: Randi Jo Bailley, Andrew Saalwaechter,

row 3: Handi Jo Bailey, Andrew Saalwaechter, Amanda Russi, Alisha West, Vernon Tucker, Bethany Baker, Elycia Delgado, Jassica Stryszyk, Elizabeth Alvarez, Monica Solis, Keri Saalwaechter, Hermine Robinson, Jerie Barnes, Brittaney Robison, Mr. John Pinson; row 4: John Trezak, Landon McCoy, Gregory Stokes, Tara Robinson, Zachary Jasper, Jonathan Heridia, Lisa Wallacer, Kristopher Ragan, Paulina Ballesteros, Trent Halcomb, Jessica Cox, Brandy Parduhn, Josh Hazelton, Rodney Robinson; row 5: Anthony Cleveland, Maddy Hardin, Loren Parduhn, Robert Schwader and Jeremy Maza.

Sponsor Ms. Lora Szubka

Urema Club front row: Krystal Erwin, Chenyu Hou,
Zachary Jasper, Derek Rundberg; row 2: Virginia
Luyando, Amanda Degman, Randi Jo Bailey,
Brittany Stewart, Ann Herring; row 3: Tasha
Esteph, Angela Beaudion, Victoria Lemmon, Jerie
Barnes, Bethary Baker, Sarah Denton, Destiny
Parris; row 4: John Herring, Anthony Cleveland,
Brittaney Robison, John Trezak, Rodney
Robinson and Alex Degman.

Sponsor Mr. Mike Banham Freshman Mentors: Front row: Tabatha Westmoreland, Lisa Wallace, Victoria Lemmon, John Da Vaney, row 2: Brandy Parduhn, Carlos Muniz, Brandon Ragan, Melody Myers, Jeffrey McNabb, Allonso Martinez; row 3: Amber Coleman, April Brown, Ashley Sutherland, Lillian Lopez, Jody Soliday, Nia Jimenez. Veronica Muniz; row 4: Rachel Lighthot, Nikolina Kiselinova, Paulina Ballesteros, Melissa Manzo, Amanda Deoman and Danielle Kempski.











Truebg, row 2 Apr Brown Chistopher Group Struebg, row 2 Apr Brown Chistopher Grow Chistopher Grown Chistopher Chistop



Mrs. Danyelle Kozma
Mrs. Danyelle Kozma
Jennifer Perez; row 2 Jennifer Wiggins, Enca
Havens, Vincent Lopez, Melissa Manzo, back
ow: Ray Sandoval, Melissa Potts, MaRita Warr,
Andrew Knies, Rachel Lighthot and Mrs
Danyelle Kozma.



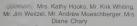
Goin, Alisha West Joselyn Davis; row 2: April Goin, Alisha West Joselyn Davis; row 2: April Brown, Jamie Dailey, Lillian Lopez, Jody Soilday Julia Horn; back row: Rachel Lightfoot, Nikolina Kisolinova, Paulina Ballestros, Melissa Manzo and Amanda Degman.



Sporese* Mrs. Kathy Hooks, Mr. Kirk Whiting Missianal Horns Slocety front row: Jeffey McNabb; row 2: Angela Beaudion, Melody Myers, Andrew Knies, Zachary Jasper, Nichole Milodragovich, Jody Soliday; row 3: Nikolina Kiselinova, Nia Jimenez, Bethany Baker, Sarah Denton, Jacqueline Michalik, Veronica Muniz, Marisol Carrillo, Rachel Lightfoot; row 4: April Brown, Ashley Sutherland, Zachery Heridia, Alfonso Martinez, Sal Mulfoletto, Dewayne Jarvis, Danielle Walker, Lauren Struebig; back row: Harold Herring, Brandy Parduhn, Melissa Potts, Brandon Ragan Eric Deemer, Diego Gonzalez, Mikal Minarich and Paulina Ballesteros.

CLUBS WITH CHARACTER

Mr. Kirk Whiting, Mrs. Kathy Hooks Mrs. Kathy H



Academic Decathlon front row: Crystal Erwin-Tony Monda; row 2: Eric Deemer, Amanda Degman, Zachery Heridia; back row: Nikolina Kiselinova. Paulina Ballesteros, Melissa Manzo and Nathan Michalik

epiness Mrs. Kathy Hooks. Mr. Kirk Whiting, Mr. Im Weitzel, Mr. Andrew Moeschberger. Mrs. Diane Chary

Bowl front row: Eric Deemer, Melissa Potts; row 2: Ann Herring, Krystal Erwin, Jacqueline Michalik; row 3: Zachery Heridia, Sarah Denton, Nikolina Kiselinova and Paulina Ballesteros









The year of 1974-1975 was the second year that River Forest had girls' gymnastics. New equipment was purchased in order to allow RF to hold its own meets. This allowed the girls' team to have a successful year.

from Einstein to Halking from an abacus to Calculators

"Remember, math is everywhere!" says math teacher Jason Quigg. It is not uncommon to hear the same thing come from the remainder of the math and the science teachers. Students need to have a hasic

knowledge of both of these subjects to succeed.

It is a requirement for students at River Forest to pass algebra and geometry with Mr. Jack Burton or Mr. Al Detterline. However, if students wish to further their mathematical education they have a choice to take Mr. Jason Quigg's honors classes.

Students also have to earn four credits

in science to receive a diploma. There are a variety of classes students have to choose from in the science department. They can take earth science with Mr. Tim Gault or one of Mr. Jim Wells' or Mrs. Kathy Hooks' chemistry or biology classes. Biology II was also offered this year, in which students would have the chance to dissect a fetal pia.



Mr. Jim Wells helps his freshman student Sarah Harvey with the questions she has in Biology I.







Senior Andrew Knies presents his PowerPoint slideshow on "The Brain" for his Biology II class.

Sophomore Candice Guajardo asks Mr. Al Detterline to help her with her math homework.







Freshman Durica Griffin sits in Mr. Tim Gault's earth science class and waits for instructions.

Mrs. Kathy Hooks shows her student, Elizabeth Howard, how to do a project using the UV-VIS Spectrophotometer.

from handwriting to word processing

English classes faced a new challenge this year, computer writing labs. Mrs. Natalie Keller's and Ms. Francie Blaney's classes were filled with computers. While using these computers, students will improve their yocabulary.

writing and typing skills.

Mrs. Sandra Mihalik will be getting freshmen ready for I-STEP. Building students' vocabulary is a big part of the class. Mrs. Sandra Mihalik said, "Students who take advantage of the instruction will become more proficient communicators."

Each journalism class worked hard this year. The yearbook staff worked to raise money to

cover the debt left behind from last year. With a staff full of newcomers, every day was a learning experience. The staff worked well together and got a lot done.

The Ingot Informer came out with a new look this year. Editor Andrew Knies attended a journalism workshop over the summer at Ball State University and came back full of new ideas and designs.

Mrs. Natalie Keller teaches her English class in the year 1976. She has been teaching at River Forest for 37 years.

Senior Marc Scott receives help from Mrs. Natalie Keller on his homework.





by Lauren Struebig





Senior Melissa Manzo types out her newspaper article in newspaper class.









Freshman Erica Ortiz tediously looks over her homework in Mrs. Sandra Mihalik's English 9 class.

Sophomore Eddie Rusher recites his speech in Mrs. Natalie Keller's class.

Freshman Cristal Cisneros looks up a flashback picture in yearbook class.

From Russian to French and Spanish From World War I to the War on Terrorism

Back in the early '60's when River Forest first opened, a Russian foreign language class held by Mr. Gene Adamczyk was offered. Now, River Forest students are only offered French and Spanish foreign language courses. The French and

Spanish classes visited Chicago, Illinois this year

to attend the "Christmas Trees from Around the World" display at the Museum of Science and Industry. Sophomore Terry Crofton stated, "I liked the all day field trip to the museum. The bubble room was my favorite part of the trip."

Mrs. Nancy
Pinnick, Mrs. Danyelle
Kozma and Mrs.
Bernadette Monda
have a common goal this
year, to teach their students the culture of the
language as well as learn

to speak fluently the chosen language.

History classes have big goals for this vear. Mr. Andrew Moeschberger's classes will not only become responsible citizens, but they will be taught to think critically Moeschberger states, "Students will be taught to think, not only to memorize." Mr. Kirk Whiting has a goal of teaching his students all about the culture of the Romans and the Greeks

Back in the '60's when River Forest computer labs were only a year old, foreign language students learned how to use them to their benefit.

Junior Carlos Muniz completes his project in Spanish class by adding on the Puerto Rican flag.







Senior **Shelly Barlow** works on her God's eye in Spanish III class.

Senior Joshua Elea and junior Matt Bigott participate in playing a game in French III.







Junior Victoria Lemmon starts her history test with a ready look on her face.

Junior Bernie Goin looks over his French III homework.

Juniors Rachel Lightfoot and Matt Bigott touch up on a history assignment by fixing their grammar.

From short shorts to long

The school year of 2003-2004 was an exciting and fulfilling year for all the academic classes.

The band performed in more than 20 performances throughout the year including going to Florida for the 20th time since 1980.

The art classes went to the Andy

Warhol print show at the Center for Performing Arts in Munster on December 15. They had an art fair in May and finished many projects throughout the year.

The choir had their first performance of the year on December 1, as a fundraiser for the food pantry and had seven more performances afterwards.

The choir had a difficult time starting out with only eight rehearsals to prepare them for their first show due to trimesters. But they ended the year

as a success.

The health classes had the opportunity to teach fellow classmates about the facts of health as well as completing many projects and assignments during the trimester.

The physical education classes had a year full of fun games, physical fitness and learning to compete in a respectable way.

Senior Amber Morris states, "This class is one of the many things I'm going to miss after I graduate."

n the year of 1978 Ray Smootatches a softballin P.E. class

Junior Krystal Montes works hard to finish her project for Art and Design III.



252 academics

by Paulette Elankenship



Sophomore Zachary Jasper plays the drums during a home halftime game.

Sophomore Terry Crofton asks Mr Tom Bonez for help on an assignment in health









Junior Bernie Goin shows his enthusiasm after finishing his first art project of the year.

Sophomore Alex Degman serves the ball to his opponent in a game of volleyball in P.E.

Sophomore Alisha West helps Mr. John Pinson conduct the band during an outstanding halftime performance.

from typewriters to computers from prafting to CAP

This is a new year and students in the industrial and computer technology classes are getting busy with some new ideas. Mr. Paul Murray has a busy schedule. In one class he has to handle Communications Technology I and II and construction technology.

also called architecture within the same hour. Students in Communications Technology I and II are working on drawings to help them in the long run in a construction technology class. In construction technology class students work on creating above ground houses as well as underground basements.

In the computer world students are working on creating cat 5 cables, web pages and business cards.

Students like to take the computer classes offered for various reasons like the college credit opportunities in the Cisco I, II, III, and IV classes through South Suburban College. Every student who takes a computer class taught by Mr. Jim Weitzel or Mrs. Patricia McNabb will learn what they need to know to take college courses.

Class of 1986, Kelly Hankins uses a typewriter and makes sure he does not make a mistake. Computers did not come along until the late '80's.

Senior Alfonso Martinez works independently in Mr. Weitzel's advanced computer applications class.



by Jennifer Ordway







Senior Angela Eichensehr asks Mr. Jim Weitzel for some computer help.







Sophomore Phillip Davis works hard in his communications technology class.

Senior Dewayne Jarvis works on studying several notes to improve his skills.

Junior Nichole Miodragovich studies for an architecture test.

from home economics to family and consumer sciences

Students were taught many life skills in home economics classes. In nutrition and wellness students students learned the importance of healthy living. Throughout the trimester students were given many opportunities to cook. "I really enjoyed having the chance to explore my imagination and cook

what I wanted," stated

junior Maria Solis.

Child development prepared students for life on their own. During class students participated in a realistic project involving a bag of sugar. Students must care for this bag as if it were a real infant. The health and satisfaction of the bag determines the student's grade.

Special education
is very important at River
Forest. The students in
this class are given the
opportunity to experience
high school life just as any
other student would.

because of the creative

freedom they are given.

Students are also offered a textile and fashion course. The benefit of taking this class is learning how to sew and design your own clothing. Many students enjoy this class

When not working in the classroom these students can be found doing everything that students do. They cook in the home economics room and spend time in the gym. Senior Danielle Kempski chooses to use her free time to help the special education class.

S S

During the 1980's girls were required to cover their hair while in home economics class.

Junior Mitchell Minarich and sophomore Jillian Lewis take care of a mechanical baby doll. This is one of the many projects to help prepare students for parenthood.



56 academics

by Jamie Dailey



Junior Paul Cleveland is doing his share to clean the kitchen after eating the Thanksgiving meal.

Mrs. Amy Alessandrini's class checks out books in the library









Sophomore Lizette Corralez is stirring her group's noodles for the spaghetti. This is one of the labs the students do in preparation for life on their own.

Freshman Mary Miller shoots a basketball during her free time in the gym.

Freshman Felicia Vidito catches up on her studies for her textile and fashion class.

Mrs. Amy Alessandrini: life skills 9,10,11, 12. disability awareness sponsor Mrs. Barbara Bizik: paraprofessional Ms. Francie Blaney: English 10,11,12 Ms. Donna Briggs: girls' physical education

Mr. Jack Burton: mathematics, track assistant coach, intramurals Mrs. Mary Anne Castellani: attendance secretary

Mrs. Christine Colon: paraprofessional Mr. Tim Gault: earth science, physical science, keyboarding, head football coach, strength and conditioning coach

Mrs. Barb Grassl: paraprofessional Mrs. Elizabeth Hein: practical math Mrs. Kathy Hooks: Biology I,II, Chemistry I, humanities, academic team coach, National Honor Society sponsor

Mrs. Peggy Hunt: library media specialist

Mrs. Natalie Keller: English 11,12, speech, basic skills. Mrs. Danvelle Kozma: French I.II.III. IV.

yearbook, newspaper Mrs. Gloria Komosa: fine arts Ms. Molly Krodel: practical English









Assistant to the Superintendent Mr. Robert Marszalek



Superintendent Dr. James Rice





Mrs. Angie Martinez: high school office aide Mrs. Sandra Mihallik: English 9 Mr. Andrew Moeschberger: U.S. history, government, economics, current events Mr. Paul Murray: industrial arts, woods, Drafting I. II, architecture, power mechanics

Mrs. Nancy Pinnick: Spanish I, II, III, IV Mr. John Pinson: intermediate band, percussion, concert band, marching band, jazz band Mr. Jason Quigg: mathematics, cross country coach, golf, coach, boys' varsity basketball coach

Mrs. Gale Robertson: confidential secretary to principal

Mrs. Miriam Rodriguez: paraprofessional Mrs. Virginia Scholl: choir Mr. Jim Weitzel: Introduction to Computer and Technology I,II, Computer Applications I,II, advanced computer applications, Cisco

I, II, III, IV
Mr. Jim Wells: Biology I, life science

Mr. Kirk Whiting: U. S. history, world history, psychology, current events, academic team coach, National Honor Society Sponsor



High School Principal Mr. Jeff Van Drie



High School Assistant Principal Mr. Mike Banham



Athletic Director
Mr. Dennis Leonard

Jose Baggett Jennifer Bartosik Jessica Beaudion Patricio Berrun Matt Bigott Paulette Blankenship April Brown Amanda Camp Lauren Camp Marisol Carrillo Vanessa Carrion Mike Carver Roger Castillo Aleiandra Chavez Rocio Cisneros Paul Cleveland Amber Coleman Matthew Cunningham Jamie Dailey uniorsyi Amanda Degman Roger Deutcher Stephen Feezor Sandra Foraker Matthew Franklin Bernie Goin Stacey Harper Janell Herbst Edwin Hemandez Anna Howard Elizabeth Howard Teresa Jansen Jeremy Lee Victoria Lemmon Rachel Lightfoot Eva Lopez Sam Lopez Brian Loving Danica Luna Juan Martinez Paul Meentemeyer Aubin Menchaca Rubisela Mendoza Mitchell Minarich Nichole Miodragovich Anthony Monda

Nichole Miodragovich Anthony Monda Krystal Montes Carlos Muniz Rosalee Munoz

60 faces





Maria Solis Monica Solis Daniel Squires Ashley Sutherland Matthew Teller Michael Toigo Maria Torres Anthony Travis John Trezak Oscar Venegas Nathan Waters Scott Westmoreland







Lonnie Williams







A group of juniors quickly "cram" in the telephone booth outside of Red Rooster like students used to in the '50's.

Tim Aguilar Stephanie Alvarado Elizabeth Alvarez Tim Armes Bethany Baker Amber Barnes

Angela Beaudion
David Besaw
Eunice Bojorquez
Angela Broughton
Nicholas Bruce
Christina Burge

Lizette Corralez
Brandon Cottrell
Bill Cox
Terry Crofton
Joselyn Davis
Phillip Davis

Alex Degman Elycia Delgado Sarah Denton Rebeca Dominguez Anastacio Duran Krystal Erwin

Anthony Ferrell Ashley Flores Jillian Gallardo Chandler Gill Juan Giro Candice Guajardo

Lisa Halstead Haley Hardin Maddy Hardin Josh Hazelton Jonathan Heridia

Alicia Guertin

Ann Herring Salvador Hernandez Julia Horn Zachary Jasper David Johnson Carl Kurek

Leeanna Lambert
Jillian Lewis
Kurt Lindahl
Justenie Long
Ricky Long
Vincent Lopez



by Christina Burge



Mariano Luyando Kathryn Lyle Jeremy Maza Armando Menchaca Jacqueline Michalik Ashley Milliken



Sal Muffoletto Mary Norman Erica Ortiz Destiny Parris Douglas Patterson

Eddie Rusher

Kimberly Saklak Javier Salas

Karina Sinaloa Lauren Struebig Jessica Stryszyk

Jose Torres David Vidito Gregory Visalli Alisha West Jessica Young

Elaine Zon



Andrew Peel Melissa Potts Kristopher Ragan Stephanie Ragan Jesus Renteria Robert Richardson



Christopher Russel Christina Shawkey

Michael Swanson









Back in the '50's "cramming" into small spaces such as a phonebooth was something kids did for fun. It soon became known as a new fad. A few students from the Sophomore Class slightly changed this tradition by quickly stuffing themselves into sophomore Kathryn Lyle's car after school.

sophomores 63

Tony Arocho Jenna Arrowood Ulises Ayala Michael Bailey Randi Jo Bailey Timothy Bandy

Jeremiah Barnack Jerie Barnes Elizabeth Besaw Erica Buckwalter Danielle Carreon Rosita Castilleja

Cristal Cisneros Ashley Clark Anthony Cleveland Erica Conklin Jessica Cox Jennifer Crisman

> Justin Dawson Robin Duffy Ruby Duran Lacy Dyson Jon Elea Tasha Esteph

Tiffany Etheridge Brittany Gagliardi Joshua Garus James Gildersleeve Nicholas Graun Derek Griffin

> Durica Griffin Salvador Guel Trent Halcomb Stephen Harrison Sarah Harvey Erica Havens

Tianna Henderson Ashley Herrera John Herring Chenyu Hou Brittney Janiga Michael Jimenez

Ronnie Jones Ashley Kisner Samantha Lachowicz Vernon Lesner David Lopez Landon McCov





by Jenna Arrowood and Paulette Blankenship



Angelica Naranjo Ashlev Oliver Jennifer Ordway Loren Parduhn Jennifer Perez





Derek Rundberg Amanda Russi Andrew Saalwaechter Keri Saalwaechter Sharon Schmidt Robert Schwader







Brittany Stewart Gregory Stokes Edward Striffler Joseph Taylor Robert Terry Anthony Torres





Stephanie Wrobel





THE ENCHANTED GARDEN

Turnabout is a tradition at River Forest High School when the ladies get an opportunity to ask the gentlemen to accompany them instead of the other way around. Usually the girls will take their dates out to dinner and make plans for after the dance.

It is also a tradition for the Senior Class to sponsor Turnabout. This year they chose "The Enchanted Garden" as the theme and decorated the gym with flowers.



Sophomore Haley Hardin and freshman Trent Halcomb have a good time at Turnabout '04.

Juniors Marisol Carrillo and Diego Gonzalez practice their salsa.





Junior Bruce Rundberg gets a little cozy and shares a romantic moment with his date Victoria Lemmon



Freshmen Kristen Singer, Ashley Clark, and Ashley Herrera step off the dance floor to take a look at the decorations

Sophomore Kathryn Lyle and freshman Salvador Guel watch freshman Jon Elea show off his moves at Turnabout. Jon's unique style helped encourage others to make their way to the dance floor.



Freshmen Vernon Tucker and Samantha Lachowicz hit the dance floor to share a slow dance. Couples would pile on to the floor every time there was a slow song playing.



Junior Nichole Miodragovich and her date take a break from dancing for their professional pictures to be taken. Students would often have to wait in line for their turn to take pictures, but the wait was worth it.







AG .

Senior Pamela Ivey and her date strike a pose for the camera.

Junior Rodney Robinson and sophomore Mary Norman jumped out of their seats to share a magical moment on the gym floor.

Freshman Matthew Mudry and his date pose for pictures between songs.

WE HAYE TONIGHT... MAKE IT LAST FOREYER

Prom is a time for the Junior Class at River Forest High School to give the Senior Class their last formal dance. It is usually a memory that will outlast many others from high school.

This year Prom was held at Woodland Park on Friday, April 30. The theme that the juniors chose for the 2004 Prom was We Have Tonight...Make It Last Forever.



Senior Angela Eichensehr and sophomore Elizabeth Alvarez take the chance to dance with a former River Forest student.

Junior Stephen Feezor leads senior Stephanie Neely onto the dance floor.





Junior Daniel Squires and sophomore Christina Burge pause for a picture during the grand march.



Mrs. Patricia McNabb shows senior Stephen Paradine and junior Janell Herbst where to walk for the grand march.

Juniors Bernie Goin and Scott Westmoreland have a conversation before the dinner is served.



Senior Tillie Smith sings to her date, senior Jesse Poe, while they share a dance



Juniors Ashley Sutherland and Rachel Lightfoot have difficulty getting their hair untangled from each other.









Cousins, senior Christina Collazo and freshman Amanda Russi share a dance.

Seniors Nia Jimenez and Andrew Knies practice their favorite song on the piano between dances.

Junior Mike Carver and freshman Trent Halcomb share a special moment at the 2004 Prom.



Nikolina Kiselinova

Rank: 1

"Graduating by itself is a great feeling of accomplishment; being one of the top ten students in my class makes the accomplishment even greater. It's like the cherry on top of a desert!"

Elizabeth Gill

Rank: 2

"All you have to do is try. Even if it's just a little bit of effort, your grades will improve substantially."



Paulina Ballesteros



Rank: 2

"I felt that all of my hard work has finally paid off. I've made my family proud!"

Melody Myers

Rank: 4

"Don't get too wrapped up in a social life or sports. Dream big and never lose sight of your goals. Hard work and sacrifice are what sets the winners apart from the whiners."



Eric Deemer

Rank: 5

"To succeed academically, you need to learn the balance between work, studying and having fun."

Nia Jimenez

Rank: 6

"Just don't give up even when things get tough. Don't allow the opinions of others to affect the amount of effort you put into your academics."



Zachery Heridia



Rank: 7

"Make an impossible goal and refuse to lose or give up on it. The highest goals you set your eyes on will look above and beyond the quitter's goals."

Brandon Ragan

Rank: 8

"I am proud of myself for being part of the top ten. I worked hard!"



Veronica Muniz



Rank: 9

"Don't waste your chances to study because in the end you will regret it."

Alfonso Martinez

Rank: 10

"I feel relieved. I didn't know for sure if I was going to make it or not!"





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ordinary and extraor-

dinary is just that

little "extra."

So what has all of the hard I extra attention. work been for? Awards! Awards day is held to honor all of the stu- 26. All of the students gathered

dents pushed themselves a little extra throughout the school year.

Awards are given for many different things at River Forest

High School. From excelling in classes or sports to perfect attendance, the faculty believes that these students need a little

Awards day was held on May

in the gymna-

sium during periods 1 and 2 for the assembly. At the as-

sembly Nikolina Kiselinova received a schol-

arship for full tuition from the Lilly Endowment Community Scholarship Program and is planning on attending Valparaiso University.



Sophomore Sal Muffoletto proudly takes his award for outstanding achievement in Spanish III.



Senior Brian Naranjo walks off of the stage after receiving his award. The entire Senior Class wore their cap and gown during the assembly.

Senior Nikolina Kiselinova accepts the Lilly Scholarship from the program's representative.



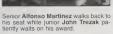


Mrs. Kathy Hooks presents senior Zachery Heridia with an award for outstanding achievement in science.

Junior Brandy Parduhn shows off her Louis Armstrong jazz award for band. Brandy is the only underclassman to ever receive this award at River Forest







Sophomore Ann Herring receives her award for participation in drama and rushes off of the stage.



The Class of 2004 prepares for

"Do not go where the path may lead; go instead where there is no path, and leave a trail."

-Emerson

Graduation

The Class of 2004 has been both anxiously awaiting and dreading their graduation day all year. Now is the time that they can choose to make their dreams a reality.

It has been four long years since they first stepped into the River Forest High School hall-ways as the Freshman Class. Now that they have made their mark, it is time for them to take their first step into society as young adults. It is a



The Class of 2004 shares a group hug during graduation while their class song is played. *In this Diary,* by the Ataris, was chosen as their class song.

scary moment and one all throughout each one's that has been worked for life.

bu April Brown

Graduation was held June 2, in the high school gymnasium. The Class of 2004 walked proudly in front of the audience, consisting of family members and friends, to receive their high school diplomas and the other awards that they had earned.

"To all the future seniors, have no regrets, it's your last year, make it your best," said Alfonso Martinez, Lillian Lopez. and Jody Soliday.



Seniors Lillian Lopez and Brandon Ragan begin the graduation ceremony with the singing of the national anthem. The males of the Class of 2004 proudly take their final march through the gymnasium to their seats.





A small group of seniors gather together and celebrate their graduation by tossing their caps in the air. This has been a tradition at River Forest for many years.



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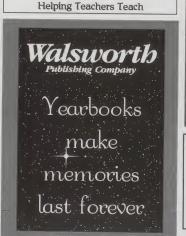
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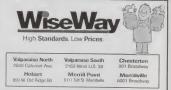


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Class of 2004
From Mr. Van Drie







Senior Salutes...

Congratulations Class of 2004 - Mrs. Keller and Pumpkin

Good luck Class of 2004 - Betsy Shadley

Congrats to the Class of 2004 - Mr. Spencer

Congratulations Ricky Price & Marc Scott - Linda Price

God bless all of you! Choose your path wisely! - Daniel Rodriguez

test and said mee you then of 2004. Since Paterton & lines Mortinez

I'm so proud of you all Good luck in your future success! - Mrs. Johnson

What you can do, or dream you can, begins now. Congrats! - Mr. Heavilin

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From Ms. Ward

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From Mr. Burleson

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COACH QUIGG



2004

Band performs for Mickey

This year the River Forest band members visited Orlando, Florida's Walt Disney World for the 10th time. All 42 band members enjoyed their week stay at the AmeriHost Hotel where they

only spent their night hours. During the day, the group was out and about walking the grounds of Walt Disney World. The students took тапу тетоrable photographs while visiting the Disney Characters and exploring all the

watch the fireworks. As soon as it be- rides. The Epcot Center was like an

hearsal in the parking lot of the hotel. popotamus, crocodiles, and water ani-After the band was done marching mals was another option. Still split into through the Magic Kingdom, they had individual groups, The Epcot Center some time to spare before it was time to was where the students went to ride

with many intense and thrilling rides. Manu tons of fun while visiting the Epcot Center. Later that night, everyone was getting ready for "IllumiNations: Reflections of Earth." This is a laser light and firework show the park puts on for all of their guests.



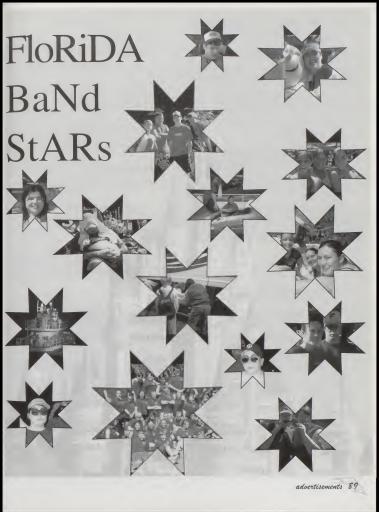
and Mr. John Pinson end take a group of students with a sword fight.

riving Wednesday, the band stopped off for breakfast then spent their time unpacking and meeting their escort. The group was extremely excited to visit the Blizzard Beach water park where they relaxed and worked on their tans. When the first day was almost at an end, the band went back to the hotel to have an important practice to prepare for the next day's performance.

Thursday was the big day for the band! Before the actual marching performance, the band had a quick recame dark, everyone crowded around

The Animal Kingdom and Epcot Center is where the band went on Friday. At the Animal Kingdom, the band the sights. Some groups spent their time walking around, visiting and taking photographs with Disney characters. Other groups went on a mini safari to see all the different animals they had on display. Going on a boat ride to see the hip-

last day at Walt Disney World, all the members of the band had as much fun as they possibly could before they had to get back on the bus for the long relaxing bus ride back home to Indiana. The last place they visited was MGM-Studios. Here they saw the demonstration play of "Indiana Jones" where Lillian Lopez was able to dress up as a citize new and wonderful memories, they were off to pack their luggage and heal



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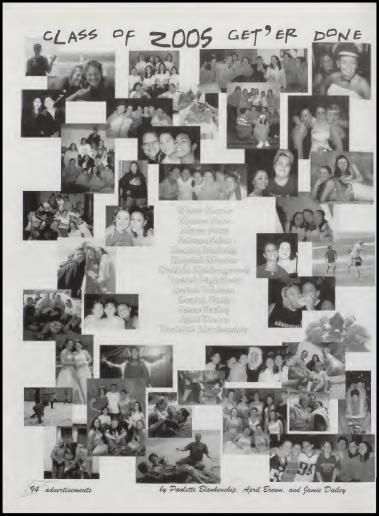






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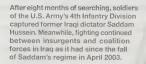














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More than 20 people died, at least 1,100 people More than 20 people died, at least 1,100 people lost their homes and thousands were evacuated as lost their nomes and thousands were evacuated as California wildfres roared from the Simi Valley south to San Diego in the fall.

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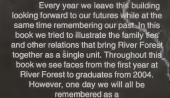
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"Flash from the Past".

















